

The  
Partnershd

***FREE***

***RESOURCES***

*for a better relationship*

*as you grow your family*

# *8 Great Dates* *(you can have at home!)*

1

Paint together with Bob Ross

2

Dress up and have a candlelight dinner after bedtime

3

Dance to music from the year you met

4

Attend a virtual concert

5

Play a new board or card game

6

Have a spa night of massages, facials, and relaxing music

7

Recreate some elements of your honeymoon and celebrate together

8

Start learning the language of a country you'd like to visit someday

**Courtesy of The Partnership**

# *15 ways to avoid burnout*

*Say no if you can.*

*Do some really great self-care.*

*Pause and meditate or just breathe.*

*Hang out with a friend.*

*Pet an animal.*

*Read something just for fun.*

*Eat yummy food slowly and savor every bite.*

*Contact someone you want to reconnect with.*

*Take naps.*

*Dance and sing.*

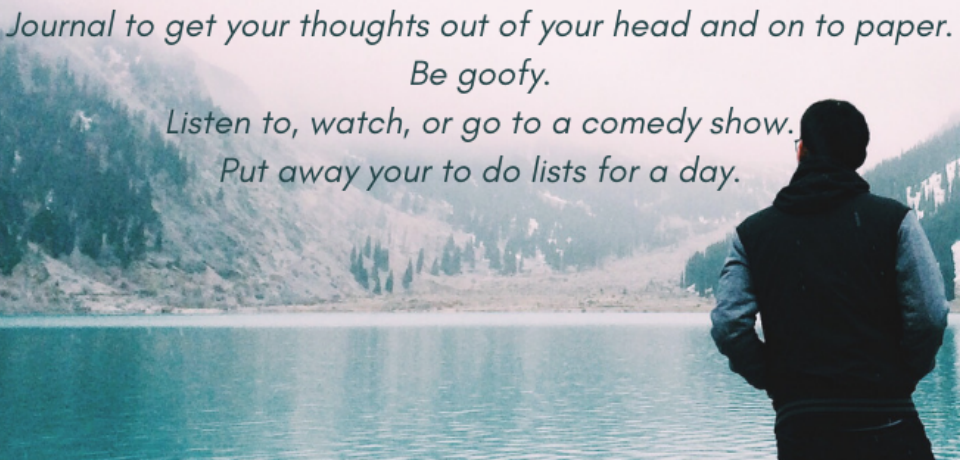
*Get creative.*

*Journal to get your thoughts out of your head and on to paper.*

*Be goofy.*

*Listen to, watch, or go to a comedy show.*

*Put away your to do lists for a day.*



**Courtesy of The Partnerhood**

# *Are You Ready to Repair Your Fight?*

- ☐ Is it a good time to begin repairing?
- ☐ Are emotions calm right now?
- ☐ Are you focusing on one topic?
- ☐ Are you acting like a team?
- ☐ Are you attempting good communication and conflict management skills?
- ☐ Are you ready to offer an apology?
- ☐ Are you ready to offer forgiveness?
- ☐ Have you taken responsibility for how you made the fight worse?
- ☐ Do you agree to pause the repair if things get too emotional again?

**If you checked:**

**0-4 boxes** *You're not ready yet.*

**5-7 boxes** *You might be ready.*

**7-9 boxes** *Go for it!*

**Courtesy of The Partnerhood**